



**Excerpt English Translation of DE 34 38 668**

[Claim 1]

Sports device comprising a pair of freely carriable hand grips to be readily available by hands, which respectively form electrodes and are connected by a bendable electric conductor, such that an electric circuit can be made via the body of a user, characterized in that either one of the both handles (1 or 1') is provided with an instrument (5) being incorporated in the circuit for determining and indicating the hard pulse frequency according to the electrocardiogramm (ECG) method.

See Figures 1 and 3.